

NSS SQUASH ASSESSMENT FORM 2021



Venue: _____ Date: _____

Assessors: _____ ; _____

Name of Student: _____

Date of Birth: _____

Assessment Criteria	Student Mark	Maximum Points
TECHNICAL / TACTICAL		
Technical – 25%		
Swing Technique (Preparation, Contact & Follow through)		5
Timing of Ball Contact		5
Technical Footwork		5
Ability to play Drive, Cross Court and Boast		5
Ghosting		5
Tactical – 25%		
Understanding winning strategy		5
Understanding and implementing `Right shot, right time`		5
Ability to learn and understand opponent's game		5
Positioning and spatial awareness		5
Ability to cope under pressure		5
Physiological – 25%		
Balance and Co-ordination		5

Speed and agility		5
Strength and Power		5
Endurance		5
Flexibility		5
National Rankings – 25%		
Rank No.1 (25)		
Rank No.2 (20)		
Rank No.3 (15)		25
Rank No.4 (10)		
Total Score:		

Assessor's Signatures

_____ ; _____ ; _____

Coordinator's Signature

_____ ; _____ ; _____